

October Senior Center Gazette 2006

October Birthday Party Friday, Oct. 13 1:30 pm Entertainment by The Fremontaires

Join in the festivities of our October Birthday Party. The Fremontaires will be playing your favorite songs. The Fremontaires have been entertaining and practicing at the Senior Center for 15 years! Everyone is invited to join in the fun at 1:30 p.m. Birthday cake, ice cream, and coffee will be served in the dining room.



OKTOBERFEST Celebration & Lunch Thursday, Oct. 12 12:00 Noon

\$5 members, \$7, non-members

Karl Lebherz will play his wonderful Oktoberfest music at the Celebration and Lunch. Chef Riley is preparing a terrific menu of Sauerbraten with gingersnap gravy, Brautwurst and sauerkraut, Potato Pancakes with applesauce & sour cream, non-alcoholic beer, and German Chocolate Cake for Dessert. You don't have to be from Germany, to celebrate Oktoberfest at the Fremont Senior Center!

Flu Shot Day!

Monday, October 30
9:00 am to 1:00 pm

Flu shots - \$5.00
(should get every year)

Pneumonia shots - \$35
(lasts for 7 years)

October Day Trips

Oct. 11: Historical Half Moon Bay, Guided tour of downtown, lunch, Half Moon Bay Nursery.

Oct. 12: Jackson Casino

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2050
Senior Peer Counseling.....	574-2063
Caregiver Support Program.....	574-2035
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
Travel Escort Program.....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
BACS ADULT DAY CARE CENTER.....	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOMESERVICES REGISTRY.....	574-2095
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....	494-4500
After hours.....	494-4505
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SOCIAL SECURITY.....	1-800-SSA-1213
TRI-CITY ELDER COALITION.....	574-2064

Digital Photography

Questions for Khanh

Monday, Oct 2 & 9, 1-2 pm

**\$5 per session for members,
\$7 per session for non-members**

Do you have a new digital camera and wonder how to use it? Do you want to learn tricks for making great prints? Khanh Vo will teach a one hour workshop, including problem solving for digital camera users each month on the 1st & 3rd Mondays of each month, 1-2 pm. Bring your camera and lunch too, and learn from Khanh.

Reminder! - Friday Nov. 3 Annual Holiday Boutique

& Sweet Shop
9:30 am to 2:30 pm

Fremont Senior Center Crafts classes (including Quilting, Wood Carvers, and Crafts), plus many talented individuals have prepared wonderful items for you to view and purchase. We will also have tasty sweets and baked goods for you to eat and share with your family and friends. So get into the holiday spirit on Friday, November 3!

Easybridge! Game

Tues. 6:30-9:30 pm

Sept & Oct 3 - free

**after Oct. 3 \$5 members &
\$6 non-members**

Learn bridge by playing bridge! Easybridge is an *ongoing game* for those new either to bridge altogether or to the methods of modern bridge. Each three-hour session begins with a half-hour mini-lesson, followed by 2½ hours of supervised shuffle-and-deal play. Have a question about what to do? Just ask Jim Solomon, Easybridge! presenter.

Bridge Basics 1:

An Introduction Class

Tuesdays, 12:30-2:30

October 3rd-November 21st

(8 class meetings)

Bridge Class \$80 & \$13 text

Jim Solomon is an ACBL Bronze Life Master & accredited teacher. Questions? Call Jim 538-9889 or LSJ63@yahoo.com



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.